

PRICE 2d.

CONFESSION

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What to do
How to do it

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A simple guide for all lovers of
God who desire to seek God's for-
giveness in the old Catholic way.

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CONFESSION

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1. Before you go to Confession, find some quiet time and place in which to prepare for it.

2. Then ask God to show you in what ways you have sinned against him. Say some such prayer as this:—

“Holy Spirit of God, show me all the sins which I have committed against thee, and all the ways in which I have displeased thee, for Jesus Christ’s sake. Amen.”

Try to remember what your sins have been, against God, your neighbour and yourself, since your last confession. After this, you may use the following form of self-examination to remind you of things you might otherwise forget. It may help you to write your sins down; if you do this, do it in your own words, simply and straightforwardly. In confessing your sins,

say how often you have committed them, when this is possible.

3. Look on the notice board on the Church door, or in your Parish Magazine, to see at what times the clergy will be in Church to hear Confessions. If you cannot find such a notice anywhere, ask your parish priest, and he will arrange a time with you.

4. Go to the Church punctually at the time arranged. Enter a seat somewhere near the door. Kneel down and pray hard that the Holy Spirit will help you to make a good and complete Confession. If others are already there waiting, remain kneeling until they have made their Confession and your turn comes. Then go to the place where the priest is hearing Confessions, and say:—

“I confess to God almighty, the Father, the Son and the Holy Ghost, to the whole company of heaven, and to you, father, that I have sinned exceedingly in thought, word, deed and omission, through my fault, through my own fault, through my own most grievous fault. Especially I accuse my-

self that (since my last Confession, which was) I have committed these sins:—

I have not said my prayers.

I have only said them sometimes.

I have said them carelessly.

I have not said them in the morning.

I have not said them in the evening.

I have not really *tried* to live as a child of God.

I have not kept my rule of life.

I have not been present at Holy Communion on Sundays.

I have stayed away when I ought to have gone to Church.

I have not made my Communion when I ought to have done.

I have not made a careful preparation before each Communion.

I have not thanked God after each Communion.

I have not been to Confession when I ought.

I have not read the Bible regularly.

I have not taken care to learn about my religion.

I have behaved badly in Church.

I have led others to do the same.

I have not shown outward reverence in Church.

I have spoken irreverently about holy things.

I have used bad language.

I have used God's name irreverently.

I have wasted my time.

I have not done my work.

I have done it badly.

I have worked on Sundays when there was no need.

I have used Sunday for my own pleasure only, without worshipping God.

I have been disobedient at home.

I have been disobedient at school.

I have been disobedient at work.

I have been rude.

I have been bad-mannered.

I have been angry without good cause.

I have lost my temper.

I have been sulky.

I have nursed a grudge.

I have been unforgiving.

I have quarrelled.

I have not made up a quarrel when I could.
I have hurt someone by what I have said.
I have hurt someone by what I have done.
I have been unkind to other people.
I have been unkind to dumb animals.
I have been impatient.
I have not been loving and kind to those
 who love me.
I have not been loving and kind to those
 who do not.
I have not been cheerful.
I have been greedy.
I have been selfish over food.
I have been lazy and slothful.
I have thought about impure things.
I have talked about impure and shameful
 things.
I have listened to nasty talk.
I have done impure things by myself alone.
I have done impure things with someone
 else.
I have stolen something.
I have been covetous of money.
I have been mean and stingy.
I have not given enough money to the
 Church or to charity.

I have been dishonest in other ways.
I have been deceitful.
I have cheated.
I have told lies.
I have told tales about others.
I have said things about people to do them
 harm.
I have talked of other people's faults.
I have been discontented.
I have grumbled.
I have envied others.
I have been jealous of others.
I have led others into sin.
I have been proud of my looks.
I have thought too much about my clothes.
I have been vain in other ways.

Then say:—

“For these and all my other sins which
I cannot now remember, I am heartily
sorry, firmly mean to do better, most
humbly ask forgiveness of God, and
of you, father, penance, advice and
Absolution.”

Listen to the advice the priest will give
you. After he has given you Absolution,
go back to your place, kneel down, and
thank God with all your heart.

The priest will have given you a penance, that is to say, some prayer to say or some act to perform, which will help you to resist sin in the future. If it is possible, do it before you leave the Church.

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